

What's on the Menu?

Rochester Community Schools Secondary: Breakfast November 2023

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit sides, and 1% chocolate or white milk.

A student must select a 1/2 cup fruit to make a complete meal or a la carte pricing will be applied.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Apple Frudel Cupped Fruit	Sausage and Cheese Croissant Cupped Fruit	Breakfast Bagel Sandwich Fresh Fruit
6	7	8	9	10
Cinnamon Toast Soft Pastry Bar Cupped Fruit	No School	Breakfast Bagel Sandwich Fresh Fruit	Mini French Toast Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
13	14	15	16	17
Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Apple Frudel Cupped Fruit	Sausage and Cheese Croissant Cupped Fruit	Breakfast Bagel Sandwich Fresh Fruit
20	21	22	23	24
Cinnamon Toast Soft Pastry Bar Cupped Fruit	Mini Waffles Fresh Fruit	No School	No School	No School
27	28	29	30	
Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Apple Frudel Cupped Fruit	Sausage and Cheese Croissant Cupped Fruit	
<p>Menu subject to change due product availability</p> <p>Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Yogurt Parfaits and Muffin/Cheese Stick</p>				

